

GÅNGLÅT SNOA
(Sweden)

This traditional old-time pivoting dance to walking music is found primarily in north-central and northern districts of Sweden. It was learned there by Gordon E. Tracie and he has continued research on the dance on subsequent trips to Sweden.

Pronunciation: GONG-loht SNOO-ah

Record: Toni TLPL 505 (import), side A, bands 1 and 8, and side B, band 8. 4/4 meter.

Formation: Cpls in a circle, W to R of ptr, in open shldr-waist pos. Dance moves in LOD in a smooth, legato style.

Note: The following parts are not figures in the regular sense, but merely two dance patterns -- Rest-Step and Turn -- which are alternated at will, with no fixed number of meas.

REST-STEP (Open steps fwd)

In open shldr-waist pos, beginning on outside ft, cpl moves fwd in LOD with firm walking steps, one step to each ct of music.

TURN (Closed pivot turn)

Whenever desired -- without stamp transition as in Snoa to polka music -- M turns CW on his L ft, then steps between W ft with his R ft, into LOD to assume basic polska hold. W steps R,L. Cpl then continues to rotate CW with smooth walking-type pivot-spins, M: L, R; W: R,L, making a full revolution on each two cts.

Cpl may revert to Rest-Step at any time by merely breaking out into open shldr-waist pos again.

Note: Throughout the entire dance, the same alternation of ft is maintained without interruption.

Presented by Gordon E. Tracie